

Quite the month

"A focused mind is one of the most powerful



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Dear Lord, I thank you for this day. I thank You for my being able to see and to hear this morning. I'm blessed because You are a forgiving God and an understanding God. You have done so much for me and You keep on blessing me. Forgive me this day for everything I have done, said or thought that was not pleasing to you. I ask now for Your forgiveness.

Please keep me safe from all danger and harm. Help me to start this day with a new attitude and plenty of gratitude. Let me make the best of each and every day to clear my mind so that I can hear from You.

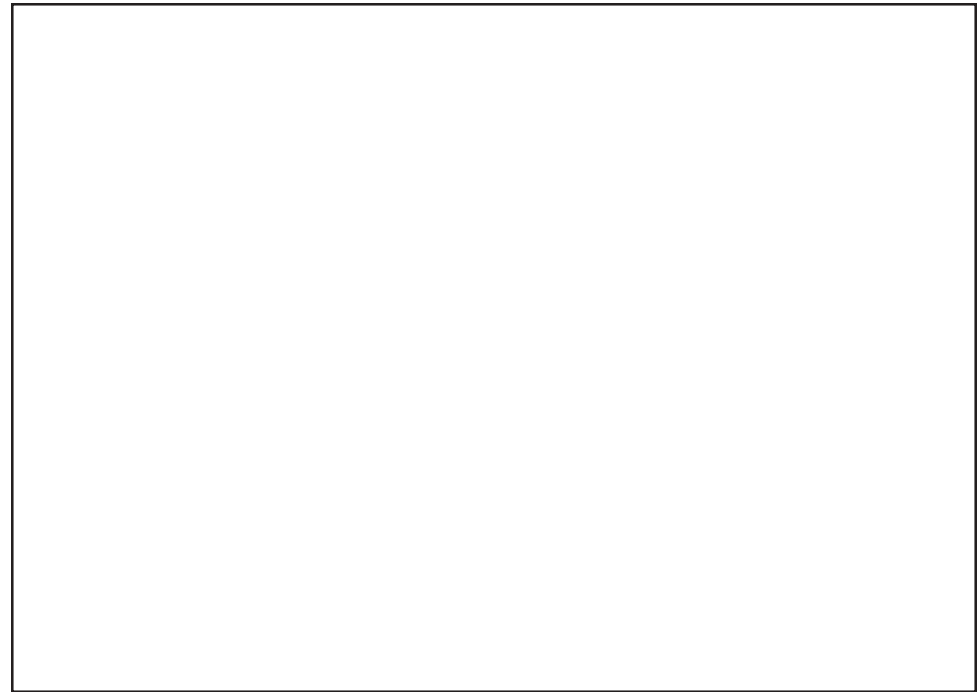
Please broaden my mind that I can accept all things.

Let me not wince and whimper over things I have no control over. Let me continue to see sin through God's eyes and acknowledge it as evil. And when I sin, let me repent, and confess with my mouth my wrongdoing, and receive the forgiveness of God.

And when this world cled2 TcfrooTTe, let me remember Jesus' example to slip away and find a quiet place to pray. It's the best response when I'm pushed beyond my limits. I know that when I can't pray, You listen to my heart. continue to use me to do Your will.

Continue to bless me that I may be a blessing to others. Keep me strong that I may help the weak. Keep me uplifted that I may have words of encouragement for others. I pray for those who are ledt and can't find their way. I pray for those who are misjudged and misunderstood. I pray for those who don't know You intimately. I pray for those who don't believe. But I thank you that I believe.

I believe that God changes people and God changes things. I pray for all my sisters and brothers. For each and every family member in their households. I pray for peace, love and joy in their homes that they are out of debt and all ta3.896em, circumstanc1,



Many of those New Year's resolutions that we hope will impact our health. Maybe you started by improving your diet. Now that we're a month into the new year, and celebrating *American Heart Month*, why not commit to making another healthy change: becoming more fit.

It doesn't have to mean sweating for hours at the gym; every extra minute of activity you do can be good for your heart.



Plants can clean the air inside your home and office. The 2 year study tested the following major indoor pollutants and found that the most ornamental indoor plants can help clean the air of at least one type of toxin. Look below to see if you can